LET'S GET READY FOR KINDERGARTEN

This pamphlet is a guide to support your child’s learning prior to entering kindergarten. Children grow, develop, and learn at different rates. Your child may already be successful with some things and may require more time to develop others. Children should have plenty of opportunities to practice and learn these skills. With guidance, these things can be learned interactively with family and friends in a natural setting.
KINDERGARTEN, HERE WE COME!

The information below lists skills, that with enough practice and support, can be done independently by your child.

**SELF-HELP SKILLS**
- Eats independently
- Uses restroom, including handwashing
- Puts on and removes outerwear (e.g., zips, buttons, ties)
- Asks questions and seeks help when needed
- Cleans up after self
- Patiently encourages your child to develop independence, even if it takes more time.

**THINGS YOU CAN DO**
- Provide opportunities and support for your child to practice writing, drawing, and cutting.
- Help them practice tying.
- Provide opportunities for exploration, play, and socialization with other children and adults.

**LARGE MOTOR SKILLS**
- Performs activities that cross the midline of the body (e.g., right hand touching left foot, left elbow touching right knee)
- Bounces, catches, kicks, and throws balls
- Walks in a straight line forward and backward
- Balances on dominant foot for ten seconds

**SMALL MOTOR SKILLS**
- Holds pencils, crayons, scissors, etc. correctly
- Writes his/her first name
- Uses scissors to cut straight and curved lines
- Turns a single page in a book

**LITERACY SKILLS**
- Listens attentively and responds to stories and books
- Speaks in complete sentences
- Speaks clearly enough to be understood by others
- Identifies rhyming words in stories, poems, and songs
- Knows that letters of the alphabet have specific sounds
- Uses beginning writing skills (e.g., drawing, scribbling, writing) to express ideas

**SOCIAL AND EMOTIONAL SKILLS**
- Tries new things
- Shares and takes turns
- Waits and listens while others talk
- Shows concerns for others
- Plays cooperatively with others
- Works well independently and in small groups
- Separates from parent or guardian without undue anxiety
- Reasonably manages his/her emotions
- Knows his/her first and last name and can tell an adult
- Knows parent’s or guardian’s first and last names and can tell an adult

**MATH SKILLS**
- Counts out loud to ten correctly
- Begins to count to 20
- Counts objects by touching one object at a time
- Recognizes and creates groups of 2, 3, 4, or 5 objects
- Sorts similar items (e.g., blue toys and red toys)
- Identifies, names, and draws shapes (e.g., circle, triangle, square, and rectangle)
- Uses comparative words (e.g., more/less, bigger/smaller, longer/shorter, heavier/lighter)

**THINGS YOU CAN DO**
- Provide opportunities for exploration, play, and socialization with other children and adults.
- These experiences allow your child to practice their social skills.
- Sharing objects or time with other children and adults.

**HELPFUL RESOURCES**
- For more information regarding licensed child care, visit: https://jobs.utah.gov/occ.
- For more information regarding special education, visit: https://www.schools.utah.gov/specialeducation.
- Head Start serves the child development needs of low-income children (birth through age five) and their families. For more information, visit: https://www.hhsa.org/.